AYURPRANA

LEG SEQUENCE:

SIMPLIFIED AND MODIFIED - POSTERIOR

1. **Kukundara**
2. **Kati**
3. **Uru**
4. **Sphij**
5. **Sakthi Urvi** (also called Sakthi or Urvi)
6. **Janu**
7. **Indrabasta**
8. **Gulpha**
9. **Pada Kshipra** (also called Kshipra)

LEG SEQUENCE:

SIMPLIFIED AND MODIFIED - ANTERIOR

10. **Ground the hips down**
11. **Uru**
12. **Lohita or Lohitaksha**
13. **Sakthi Urvi** (also called Sakthi or Urvi)
14. **Janu**
15. **Charana**
16. **Indrabasta**
17. **Gulpha**
18. **Pada Kshipra** (also called Kshipra)

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